

Fiesta in a Bowl

Makes: 6 Servings

A colorful, romaine lettuce salad with traditional Mexican flavors of chili roasted chicken, black beans, tomatoes, corn, cilantro, lime and tortilla chips tossed in a chipotle lime vinaigrette.

Ingredients

1 pound Chicken Tenders
1 teaspoon chili powder
1 teaspoon + 4 Tbsp Olive oil
1 pound Romaine lettuce leaves
2 cups Black Beans, dried
1 1/2 cups Corn, whole kernels, frozen
2 Tomatoes, medium
1/2 cup Mexican cheese mix, shredded 2%
2 tablespoons Cilantro, fresh
1/2 cup Whole grain tortilla chips, no salt, broken into small pieces
2 tablespoons rice vinegar
1 tablespoon lime juice
1 teaspoon Chipotle chiles, canned in Adobo sauce



Directions

1. To prepare dried black beans, place beans in a saucepan and add 2 cups of water to every 1 cup of beans.
2. Boil beans for two minutes, take the pan off the heat, cover and allow to stand at room temperature for two hours.
3. Rinse and drain beans. Return drained beans to a large stock pot, adding enough water to cover at least 2 inches above the beans.
4. Bring the beans to a boil; reduce heat to a simmer, partially covering the pot for approximately 1 to 1.5 hours until beans are tender. If foam should

develop, skim off during the simmering process.

5. Rinse, drain and cool beans before adding to the salad.
6. Preheat oven to 400°F.
7. Place whole chicken tenders onto a baking pan and lightly sprinkle with olive oil and chili powder.
8. Bake for 15- 20 minutes until golden and internal temperature reaches 165°F for 15 seconds.
9. When the chicken has cooled, chop it into diced pieces. Chicken may be refrigerated until ready to serve salad.
10. In a small bowl, whisk together the second olive oil amount, rice vinegar, lime juice, and chipotle chiles. Set aside until ready to pour onto the salad or refrigerate until ready to use.
11. In a large mixing bowl add all of the remaining ingredients, toss with vinaigrette, and serve.